

Euphorium®

**ALLERGEN INFORMATION PACK
2026**

Our food & drinks are handmade by real people every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens, we cannot guarantee that any of our food or drinks are allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.

CROSS CONTAMINATION

Due to the nature of how our teams handle our food and shared equipment / utensils, there is a risk of allergen cross contamination. We cannot guarantee any item is allergen free. Please remember to check this information regularly as we're always working on our recipes. This information is updated regularly to reflect our procedures instore. Please check our website for the most up to date information.

USING THE DECLARATION PACK

All products contained within this pack are detailed in the contents page. Using the contents page to search for information is the most efficient way to search this pack.

Products are included as complete declarations, with ingredients listed for easy reference.

The full ingredient breakdown is listed for each individual product and the 14 declared allergens are **EMBOLDENED** for easy reference.

SYMBOL KEY



Suitable for vegans – these products are suitable for those who are vegan. They do not contain any animal products or by-products.



Suitable for vegetarians – these products are suitable for those who are vegetarian. They do not contain any meat or fish products.

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HOT DRINK INGREDIENTS

Cinnamon Powder – V001

Ground Cinnamon

Suitable for vegetarians & vegans

Coffee – V001

100% Espresso coffee

Suitable for vegetarians & vegans

Suitable for vegetarians

Hot Chocolate – V001

Cocoa Powder, Sugar

Suitable for vegetarians & vegans

Matcha Powder – V001

100% Green Tea (Camellia Sinensis)

Suitable for vegetarians & vegans

Mumbai Chai – V001

Sugar, Black Tea Extract, Natural Spices (Cinnamon, Cardamom, Ginger, Nutmeg, Clove, Black Pepper, Star Anise), Guar Gum, maltodextrin, Thickener: Carboxy methyl cellulose, natural flavouring

Suitable for vegetarians & vegans

Chocolate Powder – V001

Cocoa Powder, Natural Sugar

Suitable for vegetarians & vegans

SWEETBIRD SYRUPS

(all suitable for vegetarians & vegans)

Sweetbird Caramel Flavour Syrup – V001

Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid.

Sweetbird Vanilla Flavour Syrup – V001

Sugar, Water, Natural flavouring, Colour: plain caramel, Acidity regulator: citric acid

Sweetbird Hazelnut Syrup – V001

Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid

Sweetbird Sugar Free Caramel Flavour Syrup – V001

Water, Flavourings, Thickener: Cellulose Gum, Acidity Regulator: Citric Acid, Sweeteners: Sucralose, Steviol Glycosides, Preservative: Potassium Sorbate, Colour: Plain Caramel.

Sweetbird Sugar Free Vanilla Flavour Syrup – V001

Water, Flavourings, Thickener: Cellulose Gum, Acidity Regulator: Citric Acid, Sweeteners: Sucralose, Steviol Glycosides, Preservative: Potassium Sorbate, Colour: Plain Caramel.

Sweetbird Vanilla Flavour Syrup – V001

Sugar, Water, Natural flavouring, Colour: plain caramel, Acidity regulator: citric acid.

Sweetbird White Chocolate Syrup – V001

Sugar, Water, Natural Flavouring, Acidity Regulator: Citric Acid

Sweetbird Pistachio Syrup – V001

Sugar, Water, Natural flavourings, Salt, Acidity Regulator: Citric Acid

Sweetbird Raspberry Syrup – V001

Sugar, Water, Raspberry Juice from Concentrate, Natural flavouring, Acid: Citric Acid, Fruit & Vegetable Concentrates: Black Carrot & Elderberry

Sweetbird Amaretto Syrup – V001

Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid

MILKS & ALTERNATIVE MILKS

(all suitable for vegetarians)

Alpro Almond Milk – V001

Water, **ALMOND (NUTS)** (2.5%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Natural flavourings, Stabilisers (Gellan gum, Guar gum), Sea salt

Suitable for vegetarians & vegans

Alpro Coconut Milk – V001

Water, Coconut Milk (3.5%) (Coconut Cream, Water), Hulled **SOYA** Beans (2.9%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Flavouring, Stabiliser (Gellan gum)

Suitable for vegetarians & vegans

Oatly Oat Milk – V001

Water, **OATS**(10%), Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Calcium Carbonate, Calcium Phosphates, Salt, Vitamins (D2, Riboflavin and B12), Potassium Iodide

Suitable for vegetarians & vegans

Semi-Skimmed Milk -V001

Pasteurised Cow's **MILK**

Skimmed Milk – V001

Pasteurised Cow's **MILK**

Soya Milk – V001

SOYA base (Water, Hulled **SOYA** Beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea Salt, Stabiliser (Gellan gum), Vitamins (B2, B12, D2)

Suitable for vegetarians & vegans

Whole Milk – V001

Pasteurised Cow's **MILK**

ICED COFFEE

Iced Chai Latte – V001

Pasteurised Organic Cow's **MILK**, Sugar, Black Tea Extract, Natural Spices (Cinnamon, Cardamom, Ginger, Nutmeg, Clove, Black Pepper, Star Anise), Guar Gum, maltodextrin, Thickener: Carboxy methyl cellulose, natural flavouring, Ice

Suitable for vegetarians

Iced Latte – V001

MILK, Ice Cubes, Espresso Coffee

Suitable for vegetarians

Iced Mocha – V001

MILK, Ice Cubes, Espresso Coffee, Hot Chocolate (Cocoa Powder, Sugar)

Suitable for vegetarians

Long Black – V001

Ice Cubes, Espresso Coffee, Water

Suitable for vegetarians & vegans

Iced Brown Sugar Latte – V001

Whole **MILK**, Brown Sugar Syrup Demerara Sugar, Water, Colour: Plain Caramel, Acidity Regulator: Citric Acid, Double Cream (**MILK**), Roasted Coffee Beans, Brown Sugar

Suitable for vegetarians

SPECIALITY DRINKS

Mumbai Railway Chai – V001

MILK, Sugar, Black Tea Extract, Natural Spices (Cinnamon, Cardamom, Ginger, Nutmeg, Clove, Black Pepper, Star Anise), Guar Gum, maltodextrin, Thickener: Carboxy methyl cellulose, natural flavouring

Suitable for vegetarians

Matcha Latte – V001

Oat Milk (89.93%) [Water, **OATS**(10%), Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Calcium Carbonate, Calcium Phosphates, Salt, Vitamins (D2, Riboflavin and B12), Potassium Iodide], Matcha Powder (0.63%) 100% Green Tea (Camellia Sinensis)

Suitable for vegetarians & vegans

Vanilla Oat Matcha Latte – V001

Oat Milk (83.22%) [Water, **OATS**(10%), Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Calcium Carbonate, Calcium Phosphates, Salt, Vitamins (D2, Riboflavin and B12), Potassium Iodide], Sweetbird Vanilla Syrup (6.71%) [Sugar, Water, Natural flavouring, Colour: Plain Caramel, Acidity regulator: Citric Acid], Matcha Powder (0.63%) 100% Green Tea (Camellia Sinensis)

Suitable for vegetarians & vegans

Iced Oat Matcha Latte – V001

Oat Milk (85.96%) [Water, **OATS**(10%), Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Calcium Carbonate, Calcium Phosphates, Salt, Vitamins (D2, Riboflavin and B12), Potassium Iodide], Matcha Powder (0.88%) 100% Green Tea (Camellia Sinensis)

Suitable for vegetarians & vegans

Iced Vanilla Oat Matcha Latte – V001

Oat Milk (83.22%) [Water, **OATS**(10%), Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Calcium Carbonate, Calcium Phosphates, Salt, Vitamins (D2, Riboflavin and B12), Potassium Iodide], Sweetbird Vanilla Syrup (6.71%) [Sugar, Water, Natural flavouring, Colour: Plain Caramel, Acidity regulator: Citric Acid], Matcha Powder (0.63%) 100% Green Tea (Camellia Sinensis)

Suitable for vegetarians & vegans

SEASONAL DRINK SPECIALS

Strawberry & Orange Sunrise Cloud Cooler – V001

Orange Juice [Orange Juice From Concentrate (100%)], Ice (Water), Coconut Milk (Water, Coconut Milk (3.5%) (Coconut Cream, Water), Hulled **SOYA** Beans (2.9%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Flavouring, Stabiliser (Gellan gum), Coconut Cream [Water, Coconut Oil (30%), Corn Fibre, Potato Starch, Sugar, Tapioca Flour, Fruit Pectin, Emulsifiers (Polysorbate 60, Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters Of Mono- and Diglycerides of Fatty Acids), Citrus Fibre, Natural Flavouring, Colour (Beta-Carotene)], Sweetbird Strawberry Syrup [Sugar, Water, Strawberry Juice from Concentrate (10%), Natural Flavouring, Fruit and Vegetable Concentrates: Black Carrot and Elderberry, Acid: Citric Acid], Sweetbird Vanilla Syrup [Sugar, Water, Natural flavouring, Colour: Plain Caramel, Acidity regulator: Citric Acid]

Suitable for vegetarians & vegans

Pineapple & Banana Sunshine Cloud Cooler – V001

Pineapple Juice [Pineapple Concentrate 100%], Ice (Water), Coconut Milk (Water, Coconut Milk (3.5%) (Coconut Cream, Water), Hulled **SOYA** Beans (2.9%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Flavouring, Stabiliser (Gellan gum), Coconut Cream [Water, Coconut Oil (30%), Corn Fibre, Potato Starch, Sugar, Tapioca Flour, Fruit Pectin, Emulsifiers (Polysorbate 60, Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters Of Mono- and Diglycerides of Fatty Acids), Citrus Fibre, Natural Flavouring, Colour (Beta-Carotene)], Coconut Milk (Water, Gluten Free **OATS**, Coconut, Sunflower Oil, Sea Salt, Natural Coconut Flavour, Gellan Gum), Banana Puree [Banana Juice and Puree Concentrate (Banana Juice Concentrate, Banana Puree Concentrate, Water, Sugar, Antioxidant: Ascorbic acid) , Sugar, Acidity Regulator, Citric Acid: Natural Flavour, Preservative, Potassium Sorbate, Thickener: Pectin], Sweetbird Vanilla Syrup [Sugar, Water, Natural flavouring, Colour: Plain Caramel, Acidity regulator: Citric Acid], Blue Spirulina Powder

Suitable for vegetarians & vegans

Blueberry & Ube Sunset Cloud – V001

Apple Juice (from concentrate), Ice (Water), Coconut Milk (Water, Coconut Milk (3.5%) (Coconut Cream, Water), Hulled **SOYA** Beans (2.9%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Flavouring, Stabiliser (Gellan gum), Coconut Cream [Water, Coconut Oil (30%), Corn Fibre, Potato Starch, Sugar, Tapioca Flour, Fruit Pectin, Emulsifiers (Polysorbate 60, Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters Of Mono- and Diglycerides of Fatty Acids), Citrus Fibre, Natural Flavouring, Colour (Beta-Carotene)], Ube Syrup [Sugar, Water, Colour: Sweet Potato Extract, Natural flavourings, Acidity Regulator: Citric Acid], Blueberry Syrup Sugar, Water, Natural Blueberry Flavouring with Other Natural Flavourings, Concentrated Lemon Juice, Natural Flavouring, Sweetbird Vanilla Syrup [Sugar, Water, Natural flavouring, Colour: Plain Caramel, Acidity regulator: Citric Acid]

Suitable for vegetarians & vegans

SMOOTHIES

Mango & Passion Fruit Smoothie – V001

Apple Juice (64.71%) (from concentrate), Mango (40%), Peach (28%), Pineapple (18%), Seeded Passionfruit

(14%)]

Suitable for vegetarians & vegans

Banana & Spinach Smoothie – V001

Apple Juice (64.71%) (from concentrate), Banana 25%, Spinach (20%), Mango (20%), Pineapple (20%), Pea Protein Pellets (12%) (Water, Pea Protein, Chlorella, Inactive Yeast, Spirulina), Chia Seeds (Salvia hispanica) (3%)]

Suitable for vegetarians & vegans

Strawberry and Blueberry Smoothie – V001

Apple Juice (from concentrate), Strawberry (35%), Purple Dragon Fruit (29%), Pineapple (19%), Blueberry (14%), Chia Seeds (Salvia hispanica) (3%)]

Suitable for vegetarians & vegans

HOT WRAPS

Falafel & Halloumi Hot Wrap

Flour Tortilla (39.82%) [**WHEAT** flour (66%) (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282)], Halloumi Cheese (24.78%) [Cow, Sheep and Goat's **MILK**, Salt, Rennet (Non-Animal)], Chickpea Falafel (11.06%) [Chickpeas (53%), Onion (32%), Rapeseed Oil, Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cumin, Garlic Puree (Garlic, Acidity Regulator (Citric Acid)), Salt, Sugar, Kibbled Onion, Rice Starch, Ground Coriander, Coriander Leaf, Parsley, Chilli Powder, Concentrated Lemon Juice, Stabiliser (Methylcellulose), Black Pepper, Turmeric, Raising Agent (Ammonium Carbonates)], Tomato Sauce (6.15%) [Sun-Ripened Tomatoes (48.5%), Puree of Sun Ripened Tomatoes (41.5%), Onion, Sunflower Oil, Sugar, Salt, Herb and Spices (Black Pepper, Basil, Oregano), Garlic, Acid (Citric Acid), Firming Agent (Calcium Chloride)], Baby Leaf Spinach (4.42%), Red Peppers (4.2%), Yellow Peppers (4.2%), Sundried Tomato Paste (3.68%) [Slow Roast Tomatoes (50%), Tomato Concentrate (21%), Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic], Harissa Paste (1.23%) [Red Peppers, Tomato Puree, Rapeseed Oil, Salt, Chillies, Garlic, Cider Vinegar, Coriander, Spices, Paprika, Lemon Juice, Caraway Seeds, Spirit Vinegar, Paprika Oil], Rapeseed Oil (0.38%) [Rapeseed Oil, Antifoaming Agent (E900)], Salt (0.04%), Cracked Black Pepper (0.02%)

Suitable for vegetarians

Chicken Parm Hot Wrap

Flour Tortilla [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Palm Oil, Palm Stearin, **WHEAT** Fibre, Sugar, Raising Agents (E500, E450) Salt, Acidity Regulator (E296), Dextrose, **WHEAT GLUTEN**, Preservative (E282)], Chicken [Chicken Breast, Salt, Stabiliser (Pentasodium Triphosphate)], Roasted Red Peppers [Red Peppers, Water, Salt, Acidity Regulator: Citric Acid], Sundried Tomato Tapenade [Sundried Tomatoes, Rapeseed Oil, Garlic Powder, Salt, Dried Oregano, Chilli Flakes, Vinegar, Preservative: Potassium Sorbate], Tomato Sauce [Sun-Ripened Tomatoes (48.5%), Puree of Sun Ripened Tomatoes (41.5%), Onion, Sunflower Oil, Sugar, Salt, Herb and Spices (Black Pepper, Basil, Oregano), Garlic, Acid (Citric Acid), Firming Agent (Calcium Chloride)], Parmesan Flakes [Thermized **MILK**, Salt, Rennet (Veg Culture), Preservative: Lysozyme Protein (from **EGG**)], Basil, Dried Mixed Herbs [Thyme (40%), Marjoram (27%), Oregano (10%), Parsley (9%), Sage (9%), Basil (5%)]

SOURDOUGH TOASTIES

Brie, Bacon & Onion Marmalade Toastie – V003

Sourdough [**WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented **WHEAT** Flour, Rapeseed Oil, Salt], Brie (Pasteurised Cow's **MILK**) (28%), Red Onion Marmalade (10%) (Red Onions (24%), Demerara Sugar,

Red Wine Vinegar, Muscovado Sugar, Dehydrated Red Onions (6%), Modified Tapioca Starch, Spirit Vinegar, Salt, Ground Black Pepper), Streaky Bacon (10%) (Pork Meat, Salt (E535), Acidity Regulator (E326), Antioxidants (E301, E331), Sodium Triphosphate, Preservatives (E250, E251, E252, E262), Spice Extracts, Smoke (Polysorbate 80), Sugar), Rocket (4%)

Ham & Cheese Toastie – V003

Sourdough [**WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented **WHEAT** Flour, Rapeseed Oil, Salt], Gammon Ham (27.27%) (Pork Leg, Water, Salt, Dextrose, Stabilisers E451, E452, E450, Preservative E250, E252, E325, E262, Antioxidant (E301, E331), Yeast Extract, Sugar, Modified Waxy Maize Starch), Mature Cheddar (**MILK**) (18.18%)

Houmous & Roasted Vegetable Toastie – V003

Sourdough [**WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented **WHEAT** Flour, Rapeseed Oil, Salt], Houmous (16.39%) (Cooked Chickpeas, Rapeseed Oil, Water, Tahini (**SESAME SEED** Paste), Salt, Garlic Granules, Acidity Regulator: Citric Acid. Preservative: Potassium Sorbate)), Red Peppers (15.57%), Yellow Peppers (15.57%), Sunblush Tomatoes (8.2%) (Semi-Dried Tomatoes, Rapeseed Oil, Salt, Garlic, Oregano), Spinach (1.64%), Balsamic Glaze (1.64%) (Aceto Balsamico di Modena IGP (40%) (Wine Vinegar (Wine, Water, Antioxidant: **SULPHITES**), Concentrated Grape Must and Juice, Colouring: Caramel E150d (Contains **SULPHITES**)), Thickener (Modified Starch)), Cold Pressed Rapeseed Oil (1.41%), Salt (0.16%), Cracked Black Pepper (0.07%)

Suitable for vegetarians & vegans

SALADS

Big Olive Chicken Salad – V001

Roasted Red Peppers [Red Peppers, Water, Salt, Acidity Regulator: Citric Acid], Chickpeas [Chickpeas, Water], White Quinoa, Smoked Houmous with Harissa Chickpeas (53%) (Water, Chickpeas), Rapeseed Oil, Tahini (**SESAME** Seeds) (12%), Water, Smoked Water, Harissa Paste (Chilli Pepper, Garlic, Coriander Powder, Salt, Caraway, Acidity Regulator (Citric Acid)), Concentrated Lemon Juice, Salt, Garlic Powder, Red Chilli, Preservative (Potassium Sorbate), Cumin, Fennel, Coriander Powder, Paprika, Chargrilled Portobello Mushrooms [Portobello Mushrooms (*Agaricus bisporus*), Sunflower Oil, Salt, Garlic, Parsley, Acidity Regulator: Lactic Acid, Antioxidant: Ascorbic Acid], Sun Blushed Tomatoes [Semi Dried Tomatoes, Sunflower Oil, Salt, Sugar, Herbs, Acidity Regulator, Citric Acid, Antioxidant: Ascorbic Acid], Grilled Olives Green Pitted Grilled Olives, (Sun Dried Tomato, Garlic, Herbs) ,Salt, Rapeseed Oil, Olive Oil, Acidity Regulators: Citric Acid., Kale, Shawarma Paste Water, Rapeseed Oil, Soft Dark Brown Sugar (Sugar, Molasses), Lemon Juice, Garlic Puree, Ground Cumin, Ground Smoked Paprika, Ginger Powder, Ground Cinnamon, Ground Turmeric, Salt, Cornflour, Ground Black Pepper, Oregano, Stabiliser (Xanthan Gum), Ground Cloves, Pomegranate Seeds

Suitable for vegetarians & vegans

Big Tuna Shaker Salad – V001

Cucumber, Tuna (**FISH**) [Tuna (**FISH**), Water, Salt], Avocado Slices [Hass Avocado, Water, Salt, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid)], White Quinoa, Carrot, Bulgogi Sauce Gluten Free **SOY** Sauce [Water, **SOY**bean , Salt, Spirit Vinegar], Demerara Sugar, Apple, Garlic, Ginger, Water, Maize Starch, **SOYA** Beans, Pickled Sweet and Sour Red Onions Red Onion, Spirit Vinegar, Sugar, Water, Sea Salt, Black Pepper Corns, **MUSTARD** Seeds, Coriander Seeds, Sriracha Sauce [Water, Red Chillies, Sugar, Minced Garlic, Salt, Glucose-Fructose Syrup, Modified Maize Starch, Acid (Acetic Acid), Stabiliser (Xanthan Gum), Preservative

(Sodium Benzoate), Colour (Paprika Extract), Chilli Extract, Gluten Free Crispy Fried Onions Onions, Sunflower Oil, Corn Starch, Salt

Big Chicken Shaker Salad – V001

Sweetcorn, Water, Roasted Chicken Breast Strips Chicken Breast (93%), Water, Rice Starch, Salt, Dextrose, D-xylose, Maltodextrin, Stabilisers (Sodium Bicarbonate), Acidity Regulators (Trisodium Citrate)., Mexican Style Salad Mix Vegetables (Tomatoes, Azuki Beans (Water, Azuki Beans), **SOYABEANS** , Spring Onion), Black Rice (Water, Black Rice), Avocado (Avocado, Salt , Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid), Sauce (Sunflower Oil, Garlic, Vinegar, Parsley, Olive Oil, Salt, Molasses, Dried Tomatoes, Water, Shallot, Red Chilli, Green Chilli, Herbs and Spices, Black Garlic, Natural Basil Flavour, Rosemary Extract), White Quinoa , Cos Lettuce, Garlic Aioli Mayonnaise (Rapeseed Oil, Water, Spirit Vinegar, **EGG** Yolk Powder, Sugar, Salt, Modified Potato Starch, Stabilisers [Guar Gum, Xanthan Gum], **MUSTARD** Powder), Extra Virgin Olive Oil, Garlic Puree (2.5%), Roasted Garlic Puree (1.5%)(Garlic Puree), Concentrated Lemon Juice, Salt., Chipotle Paste (Chipotle Chilli, Tomato Purée, Onion, Water, Spirit Vinegar, Garlic Puree, Salt, Sugar, Coriander, Acidity Regulator (Acetic Acid), Corn Flour), Pickled Sweet and Sour Red Onions Red Onion (50%), Spirit Vinegar, Sugar, Water, Sea Salt, Black, Pepper Corns, **MUSTARD** Seeds, Coriander Seeds, Spinach, Freshly Squeezed Lime Juice

POTS

Very Berry Bircher – V003

Coconut Milk (Water, Gluten Free **OATS**, Coconut, Sunflower Oil, Sea Salt, Natural Coconut Flavour, Gellan Gum), Mixed Berry Compote Water, Strawberry, Sugar, Redcurrant, Raspberry, Blackcurrants, Blueberries, Blackberries, Cornflour, Lemon Juice, Gelling Agent (Pectin), Preservative (Potassium Sorbate), Organic Gluten Free Porridge **OATS**, Coconut Yoghurt [Coconut Milk Coconut Water, Cornflour, Potato Starch, Stabiliser (Fruit Pectin), Corn Fibre, Cultures (S. thermophilus + L.bulgaricus, Lactobacillus acidophilus, Bifi dobacterium lactis)], Apple Juice (from concentrate), Pink Lady Apple, Sultanas (Sultanas, Vegetable Oil), Blueberries, Fruit and Seed Mix Sunflower Seeds (22%), Pumpkin Seed (22%), Cranberries (20%)(Sugar, Cranberries, Sunflower Oil), Pineapple (15%)(Pineapple, Sugar, Citric Acid, Sodium **METABISULPHATE**), Coconut (11%), Goji Berries (10%), Coconut Milk Coconut Extract, Water, Stabilisers (Guar Gun, Carboxymethyl Cellulose), Emulsifier (Polysorbate 60)

Suitable for vegetarians & vegans

Chocolate Hazelnut Blended Oats – V001

Oat Milk (Water, Gluten Free **OATS**, Sunflower Oil, Sea Salt, Gellan Gum), Organic Gluten Free Porridge **OATS**, Hazelnut Syrup [Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid], Maple Syrup, **ALMOND** Butter (**ALMONDS**, Sea Salt), Hot Chocolate Powder [Sugar, Organic Cocoa Powder, Anti-Caking Agent (E170, E551), Sea Salt.], Pea Protein Powder, Chocolate and Hazelnut Spread [**HAZELNUTS**, Sugar, Cocoa Powder, Emulsifier: Sunflower Lecithin, Candy Syrup, Salt, Vanilla Pod], Hazelnuts (**NUTS**), Chia Seeds [Black Sachia Chia Seed (100%)]

Suitable for vegetarians

Rhubarb Custard Crumble Blended Oats – V001

Oat Milk (Water, Gluten Free **OATS**, Sunflower Oil, Sea Salt, Gellan Gum), Granola [Oatflakes (**OATS**), Sugar, Raisins, Palm Oil (RSPO Certified), Rapeseed Oil, **ALMONDS (NUTS)**, Honey, Desiccated Coconut, Maple Syrup, Ground Cinnamon, Natural Flavouring], Rhubarb Compote rhubarb 80%, sugar, water, thickener locust bean gum, concentrated acerola cherry juice., Organic Gluten Free Porridge **OATS**, Maple Syrup, Pea Protein Powder, Custard Powder (Maize Starch, Salt, Colour (Annatto Norbixin), Flavouring), Sweetbird Vanilla Syrup [Sugar, Water, Natural flavouring, Colour: Plain Caramel, Acidity regulator: Citric Acid], Chia Seeds [Black Sachia Chia Seed (100%)], Water, Pitaya Powder

Suitable for vegetarians

Berry Bakewell Overnight Oats – V001

Water, Raspberrry Compote [Raspberries (62.9%), Sugar, Water, Maize Starch, Lemon Juice, Vanilla Moroni Paste (Glucose Syrup, Invert Sugar Syrup, Extracted Vanilla Pods, Powdered Natural Bourbon Vanilla Flavouring, Concentrate (Pumpkin, Carrot), Citric Acid), Organic Gluten Free Porridge **OATS**, **ALMOND** Milk (Water, Gluten free **OATS**, **ALMONDS (NUTS)**, Sunflower Oil, Sea Salt, Gellan Gum), Greek Style Yoghurt (**MILK**), Maple Syrup, Almond Essence Water, Monopropylene Glycol, Flavourings, Pea Protein Isolate, **ALMOND** Butter (**ALMONDS**, Sea Salt), Flaked **ALMONDS**

Suitable for vegetarians

TRAYBAKES AND CAKES

Chocolate Caramel Shortcake – V001

Shortcake Base (43%) [Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Butter (**MILK**), Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471), Natural Flavouring], Cornflour, Salt], Caramel (42%) [Sweetened Condensed **MILK**, Salted Butter [Butter (**MILK**), Salt], Soft Brown Sugar, Golden Syrup], Milk Chocolate (15%) [Sugar, Cocoa Butter, Whole **MILK** Powder, Cocoa Mass, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring].

Suitable for vegetarians

Our Handmade Brownie - V001

Sugar, Country Range Extended Life Rapeseed Oil 15 ltr BiB Rapeseed Oil, Anti-foaming Agent (Dimethyl Polysiloxane), Plain Flour **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Liquid Whole Egg Free Range **EGG**, Light Brown Sugar Cane Sugar, Cocoa Powder [Fat Reduced Cocoa Powder, Cocoa Butter], Dark Chocolate Chips [Cocoa, Sugar, Cocoa Butter, **SOYA** Lecithin as Emulsifier, Natural Vanilla]

Suitable for vegetarians

Toasted Coconut & Dark Chocolate Flapjack – V001

Gluten Free **OATS**, Golden Syrup, Dark Chocolate (Cocoa Mass, Sugar, Fat-Reduced Cocoa Powder, Emulsifier (Sunflower Lecithin), Natural Vanilla Flavouring , Cocoa Solids), Coconut, Brown Sugar, Coconut Oil, Margarine (Vegetable Oil (Sustainable Palm & Rapeseed), Water, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Colours (Annatto Bixin, Curcumin), Natural Flavouring), Toasted Coconut Flakes

Suitable for vegetarians & vegans

MUFFINS

Blueberry Muffin – V001

Mississippi Muffin Mix (51.71%) (Sugar, **WHEAT** Flour (Calcium, Iron, Niacin, Thiamin), Vegetable Oil, Dried Whole **EGG**, Modified Starch, **WHEAT** Starch, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Potassium Bicarbonate, Calcium Acid Pyrophosphate, Monocalcium Phosphate, Emulsifiers (E471, E477, E481), Dextrose, **WHEAT GLUTEN**, Stabiliser, Xanthan gum), Water (20.7%), Blueberries (13.29%), Vegetable Oil (11.82%), (Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)), Soft Cookie Mix (2.49%) (**WHEAT** Flour (Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil, Dried **EGG** Yolk, Dried Glucose Syrup, Dried **EGG** White, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate, Potassium Bicarbonate, Emulsifier: Mono and Diglycerides of Fatty

Acids, Salt, Flavouring)

Suitable for vegetarians

Chocolate Chip Muffin – V001

Mississippi Muffin Mix (51.88%) [Sugar, **WHEAT** Flour (Calcium, Iron, Niacin, Thiamin), Vegetable Oil, Dried Whole **EGG**, Modified Starch, **WHEAT** Starch, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Potassium Bicarbonate, Calcium Acid Pyrophosphate, Monocalcium Phosphate, Emulsifiers (E471, E477, E481), Dextrose, **WHEAT GLUTEN**, Stabiliser, Xanthan Gum], Water (21.34%), Chocolate Chips (15.01%) [Sugar, Vegetable Oil (Palm), Dextrose, Cocoa Mass, Fat-Reduced, Cocoa Powder, Emulsifiers (**SOYA** Lecithin, Sorbitan Tristearate), Natural Flavouring], Vegetable Oil (11.77%), [Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)]

Suitable for vegetarians

Banana Bread Muffin – V001

Muffin Mix [Sugar, **WHEAT** Flour (Calcium, Iron, Niacin, Thiamin), Vegetable Oil, Dried Whole **EGG**, Modified Starch, **WHEAT** Starch, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Potassium Bicarbonate, Calcium Acid Pyrophosphate, Monocalcium Phosphate, Emulsifiers (E471, E477, E481), Dextrose, **WHEAT GLUTEN**, Stabiliser, Xanthan Gum], Water, Banana Banana, Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethyl Polysiloxane), Crumble mix **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Palm Oil, Rapeseed Oil, Soft Brown Sugar, Dextrose, Glucose Syrup, Yeast, Modified Maize Starch, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Icing Sugar (Icing Sugar, Maize Starch), Banana Chips Banana (55%), Coconut Oil, Sugar, Flavouring., Dark Brown Sugar Cane sugar, Cane Molasses

Suitable for vegetarians

PASTRIES

Raspberry Croissant – V001

Raspberry Filled Vegan Croissant [**WHEAT** Flour, Water, Vegetable Fat (Non-Hydrogenated Palm Oil, Water, Non-Hydrogenated Coconut Oil, Non-Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring)], Raspberry Filling (16%) (Glucose-Fructose Syrup, Raspberries 5%, Sugar, Gelling Agent (Pectin), Acid (Citric Acid), Hydrogenated Palm Oil, Radish, Blackcurrant and Apple Concentrate), Spelt (**WHEAT**) **WHEAT** Flour, **WHEAT GLUTEN**, Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid)]

Suitable for vegetarians & vegans

Almond Croissant – V001

WHEAT Flour (**GLUTEN**), {**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin}, Butter (**MILK**), **MILK**, Water, Sugar, **ALMONDS** (25%), Eggs, Custard Powder (Starch of maize (E1422), carotene (E160a), Vanilla, Yeast, Salt, **ALMOND** Extract (**ALMOND** oil, water), Sugar (97%), Maize Starch.

Suitable for vegetarians

Chocolate Twist – V001

Flour (**WHEAT**; Malted **WHEAT**; tabilised **WHEAT** Germs); Water; Butter (**MILK**) (15.5%); Sugar; Cocoa Mass; Yeast; Sweet Whey Powder (**MILK**); Modified Starch; **EGG**; **WHEAT** Gluten; Salt; Skimmed **MILK** Powder; Thickener (E401); Cream Powder (**MILK**); Stabilizer (E516; E450); Flavouring; Cocoa Butter; Natural Vanilla Flavouring; Emulsifier (Lecithins); Carrot Extract; Acerola Powder; Maltodextrin; Enzymes.

Suitable for vegetarians

Pain Au Chocolat – V001

WHEAT Flour, Butter (**MILK**), Water, Dark Chocolate (Sugar, **SOYA** Lecithin, Cocoa Butter, Cocoa Mass, Vanilla Flavouring), **EGGS**, Yeast, Salt

Suitable for vegetarians

Butter Croissant – V003

WHEAT Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (**MILK**), Water, **MILK**, Sugar, **EGG** Wash, Yeast

Suitable for vegetarians

Pain aux Raisins – V003

WHEAT Flour (**WHEAT GLUTEN**, Calcium Carbonate, Niacin, Iron, Thiamine), Water, Butter (**MILK**), Water, Sugar, **EGGS**, Raisins, Sunflower Oil, Yeast, Vanilla, Salt, Custard Powder (Starch of maize (E1422), Carotene (E160a)

Suitable for vegetarians

Pistachio Croissant – V001

Butter Croissant [**WHEAT** Flour, Charentes-Poitou PDO Butter (**MILK**) 23%, Water, Sugar, Yeast, Whole **MILK** Powder, Salt, **WHEAT** Gluten, **EGGS**, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), **PISTACHIO** Spread Sugar, Vegetable Fats and Oils (Sunflower Oil, Palm Oil), **PISTACHIO (NUTS)** Paste (15%), Skimmed **MILK** Powder, Whey (**MILK**), Lactose (**MILK**), Emulsifier: Sunflower Lecithin (E322), Natural Flavouring, Colouring: E141, Chopped **PISTACHIO (NUTS)** Nibs

Suitable for vegetarians

Cinnamon Bun – V001

WHEAT Flour, Butter (**MILK**), **MILK**, Water, Sugar, Cinnamon, **EGGS**, Custard Powder (Starch of maize (E1422), Carotene (E160a), Vanilla, Yeast, Salt

Suitable for vegetarians

SAVOURY PASTRIES

British Sausage Roll – V001

Pork Sausage Roll [Flour (**WHEAT** Flour, Calcium Carbonate (E170), Iron, Niacin, Thiamine), Butter (**MILK**) (Butter Fat, Water, **MILK** Solids), Water, Salt, Outdoor Bred British Pork, Rusk (**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin) Salt (contains E535 anticaking agent) Ammonium Bicarbonate (E503ii) (process aid), Black Pepper, Red Onion Chutney (Re-hydrated Red Onions, Sugar , Red Grape Vinegar , Re-hydrated Onions, Thickening Agent (Modified Maize Starch), Colouring (Plain Caramel) (1%), Sea Salt , Ginger, Preservative (Potassium Sorbate), Cinnamon, Nutmeg, Potato Starch, Sage, White Pepper, Nutmeg

TOAST & CONDIMENTS

Butter – V001

Butter (**MILK**), Salt

Suitable for vegetarians

Honey – V001

Honey (100%)

Suitable for vegetarians

HP Brown Sauce – V001

Tomatoes, Malt Vinegar (from **BARLEY**), Molasses, Glucose - Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, **RYE** Flour, Salt, Spices, Flavourings, Tamarind

Suitable for vegetarians & vegans

Marmalade – V001

Sugar, Seville Oranges, Gelling Agent: Citrus Pectin

Suitable for vegetarians & vegans

Sourdough Toast and Butter – V001

Sourdough [**WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented **WHEAT** Flour, Rapeseed Oil, Salt], Butter ((**MILK**), Salt).

Suitable for vegetarians

Sourdough Toast – V001

Sourdough [**WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented **WHEAT** Flour, Rapeseed Oil, Salt]

Suitable for vegetarians & vegans

Tiptree Strawberry Jam – V001

Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid

Suitable for vegetarians & vegans

Tomato Ketchup Sauce – V001

Tomatoes, Tomato Paste, Spirit Vinegar, Sugar, Salt, Spice and Herb Extracts (contains **CELERY**), Water, Glucose-Fructose Syrup, Modified Maize Starch, Acidity Regulators (Acetic Acid, Citric Acid), Preservative (Potassium Sorbate), Tomato Spice (Natural Clove Flavourings, Natural Flavourings)

Suitable for vegetarians & vegans

HOT BREAKFAST

Bacon, Egg & Smashed Avo Roll – V003

Smoked Back Bacon [Pork Loin, Salt, Glucose, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite], Bread Roll [Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Vegetable Fat (Water, Vegetable Oil (Palm, Rapeseed), Salt, Emulsifier: Mono- And Diglycerides Of Fatty Acids (E471)), Rye (**CEREALS**) Flour, Salt, Yeast, Bread Improver (Emulsifier: Mono And Diglycerides Of Fatty Acids, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin)), **WHEAT** Malt Flour, **WHEAT** Semolina, Bread Improver (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Flour Treatment Agent: Ascorbic Acid (E300)], Free Range **EGGS** (20.35%), Avocado (12.98%), Cold Pressed Rapeseed Oil (3.51%)

Halloumi, Avocado, Rose Harissa & Spinach Roll – V003

Bread Roll [Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Vegetable Fat (Water, Vegetable Oil (Palm, Rapeseed), Salt, Emulsifier: Mono- And Diglycerides Of Fatty Acids (E471)), Rye (**CEREALS**) Flour, Salt, Yeast, Bread Improver (Emulsifier: Mono And Diglycerides Of Fatty Acids, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin)), **WHEAT** Malt Flour, **WHEAT** Semolina, Bread Improver (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Flour Treatment Agent: Ascorbic Acid (E300)], Halloumi Cheese (31.33%) Cow, sheep and Goat's **MILK**, Salt, Rennet (non animal), Avocado (18.55%), Baby Leaf Spinach (5.01%), Rose Harissa (Eu) (5.01%) Rehydrated Red Peppers, Vegetable Oils (Sunflower Oil and Rapeseed Oil in Varying Proportions), Spices, Garlic, Salt, rose Petals, Acidity Regulator: Citric Acid

Suitable for vegetarians

Triple Sausage Rustic Roll – V001

Lincolnshire Sausage [Pork, Water, Rusk (**WHEAT** Flour (Fortified with Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Herbs (Lovage, Sage, Thyme), Dextrose, Spices (Black Pepper, Ginger, Mace, White Pepper), Salt, Yeast Extract, Stabilisers (E450), Preservative (Sodium **SULPHITE**), Onion Powder, Antioxidant (E300), Herb Extract (Sage)], Bread Roll [Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Vegetable Fat (Water, Vegetable Oil (Palm, Rapeseed), Salt, Emulsifier: Mono- And Diglycerides Of Fatty Acids (E471)), Rye (**CEREALS**) Flour, Salt, Yeast, Bread Improver (Emulsifier: Mono And Diglycerides Of Fatty Acids, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin)), **WHEAT** Malt Flour, **WHEAT** Semolina, Bread Improver (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Flour Treatment Agent: Ascorbic Acid (E300)]

Smashed Avocado, Salsa & Toasted Seeds – V001

Granary Sourdough (**WHEAT** Flour (**GLUTEN**) (Calcium carbonate (E170), iron, niacin, thiamine), Water, Malted **BARLEY** (**GLUTEN**), Malted **BARLEY** (**GLUTEN**) Brown Linseeds (30%), Millet (25%), **WHEAT** Grains (25%) & Sunflower seeds (20%)), Salt), Avocado, Lime, Salt, Pumpkin Seeds, Sunflower Seeds, Glucose-Fructose Syrup, Diced Tomatoes, Tomato Paste, Water, Acidity Regulator (Acetic Acid), Rapeseed Oil, Green Jalapeno Peppers (Green Jalapeno Peppers, Water, Salt, Acidity Regulator (Acetic Acid), Firming Agent (Calcium Chloride), Preservatives (Sodium Benzoate, Sodium **METABISULPHITE**)), Salt, Minced Onion, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Dried Garlic, Dried Onion, Black pepper, Chilli Powder, Dried Parsley

Suitable for vegetarians & vegans

*Seeds subject to availability

Smoked Salmon & Scrambled Eggs – V001

Granary Sourdough (**WHEAT** Flour (**GLUTEN**) (Calcium carbonate (E170), iron, niacin, thiamine), Water, Malted **BARLEY** (**GLUTEN**), Malted **BARLEY** (**GLUTEN**) Brown Linseeds (30%), Millet (25%), **WHEAT** Grains (25%) & Sunflower seeds (20%)), Salt), Salmon (**FISH** (96%), Salt, Sugar), Lemon, Cream Cheese (Cream (**MILK**), Skimmed **MILK**, **MILK** Solids, Modified Starch, Salt), Chives, Salt, Pepper, Rapeseed Oil

The Full Vegetarian Breakfast – V001

Granary Sourdough (**WHEAT** Flour (**GLUTEN**) (Calcium carbonate (E170), iron, niacin, thiamine), Water, Malted **BARLEY** (**GLUTEN**), Malted **BARLEY** (**GLUTEN**) Brown Linseeds (30%), Millet (25%), **WHEAT** Grains (25%) & Sunflower seeds (20%)), Salt), Halloumi ((Pasteurised **MILK** Blend (Cow's, Goat's and Sheep's **MILK**), Salt, Vegetarian Rennet), Heinz Beans (Beans (51%), Tomatoes (34%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract), Hash Browns (Potatoes, Sunflower Oil, Salt, Onion Powder, Stabiliser (E450), White Pepper), Tomato, **EGGS**, Chives, Salt, Pepper, Rapeseed Oil, Butter ((**MILK**), Salt)

Suitable for vegetarians

The Full Euphorium Breakfast – V001

Granary Sourdough (**WHEAT** Flour (**GLUTEN**) (Calcium carbonate (E170), iron, niacin, thiamine), Water, Malted **BARLEY** (**GLUTEN**), Malted **BARLEY** (**GLUTEN**) Brown Linseeds (30%), Millet (25%), **WHEAT** Grains (25%) & Sunflower seeds (20%)), Salt), Smoked Rindless Back Bacon (48.79% Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate), Lincolnshire Sausage (28.46% Pork (65%), Water, Rusk (**WHEAT** Flour (Fortified with Calcium Carbonate, Iron, Niacin, Thiamin), Herbs (Lovage, Sage, Thyme), Dextrose, Spices (Black Pepper, Ginger, Mace, White Pepper), Salt, Yeast Extract, Stabilisers (E450), Preservative (Sodium **SULPHITE**), Onion Powder, Antioxidant (E300), Herb Extract (Sage)), Pork Fat, Salt, Dextrose, Heinz Beans (Beans (51%), Tomatoes (34%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract), Hash Browns (Potatoes, Sunflower Oil, Salt, Onion Powder, Stabiliser (E450), White Pepper), Tomato, **EGGS**, Chives, Salt, Pepper, Rapeseed Oil, Butter ((**MILK**), Salt).

Triple Bacon Roll – V002

Smoked Rindless Back Bacon (65.22% Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate), Breakfast Roll (34.78% **WHEAT** Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Beer (Water, **BARLEY** Malt, Rice, Hops), **WHEAT** Sourdough (Fermented **WHEAT** Flour, Water), **WHEAT** Semolina, Olive Oil, Yeast, Sugar, Salt, Inverted Sugar Syrup, **WHEAT** Malt Flour, Emulsifiers: Mono- And Diglycerides Of Fatty Acids (E471), Sodium Stearoyl-2-Lactylate (E481)), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent: Ascorbic Acid (E300)), Potato Flakes (Potato Flakes, Emulsifier Mono & Di Glycerides Of Fatty Acids (E471)), Yeast, Organic **OAT** Milk (Spring Water, Organic Gluten Free **OATS**, Sunflower Oil, Sea Salt), Rapeseed Oil, Preservative: Calcium Propionate (E282)

PORRIDGE

Coconut & Chia Seed Porridge – V001

Coconut Milk (Water, **OATS**, Coconut, Sunflower Oil, Organic Rice, Sea Salt, Natural Coconut Flavour, Calcium Carbonate, Gellan Gum), Porridge **OATS** (**GLUTEN**), Chia Seeds [Black Sachia Chia Seed (100%)]

Suitable for vegetarians & vegans

Whole Milk Porridge – V001

Whole **MILK**, Porridge **OATS** (**GLUTEN**)

Suitable for vegetarians

Granola Bowl with Natural Yoghurt – V001

Oatflakes (**OATS**), Sugar, Raisins, Palm Oil, **ALMONDS (NUTS)**, Honey, Desiccated Coconut, Maple Syrup, Ground Cinnamon), Greek Style Yoghurt (**MILK**), Banana, Blueberries, Mixed Berries (Raspberries, Redcurrants, Blackcurrants, Blueberries, Blackberries, Strawberries), Maple Syrup (100% Pure Maple Syrup).

Suitable for vegetarians

HOT FOOD ADD-ONS

Bacon – V002

Smoked Back Bacon (Pork Loin, Salt, Glucose, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrate)

Greek Yoghurt – V001

Greek Style Yoghurt (**MILK**)

Suitable for vegetarians

Halloumi – V001

Cow, Sheep and Goat's **MILK**, Salt, Rennet (Non-animal) 'may contain traces of mint'

Suitable for vegetarians

Hash Browns – V001

Potatoes, Sunflower Oil, Salt, Onion Powder, Stabiliser (E450), White Pepper

Suitable for vegetarians & vegans

Sausage – V001

Pork (65%), Water, Rusk (**WHEAT** Flour (Fortified with Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Herbs (Lovage, Sage, Thyme), Dextrose, Spices (Black Pepper, Ginger, Mace, White Pepper), Salt, Yeast Extract, Stabilisers (E450), Preservative (Sodium **SULPHITE**), Onion Powder, Antioxidant (E300), Herb Extract (Sage))

Smoked Salmon – V001

SALMON (Salmo salar) (**FISH**) (96%), Salt, Sugar

SIDE SALADS

Butternut Squash Side Salad – V001

Butternut Squash (44.75%), Chickpeas (30.35%) (Chickpeas, Ascorbic Acid), Orange Juice from Concentrate (8.74%), Red Onion (7.59%), Cold Pressed Rapeseed Oil (3.5%), Coriander (1.9%), Parsley (1.9%), Garlic Puree (0.93%) (Garlic, Citric Acid), Salt (0.23%), Cracked Black Pepper (0.12%)

Suitable for vegetarians & vegan

QUICHE

Goats Cheese, Spinach & Red Pepper Quiche V001

Goats Cheese, Spinach & Red Pepper Quiche (100%) [Red Pepper (20%), Spinach (15%), **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Iacin, Thiamin), **EGGS**, Double Cream (**MILK**), Single Cream (**MILK**), Goats Cheese (**MILK**), **MILK**, Butter (**MILK**) (**MILK**), Water, Salt, Pepper]